



How to Fast and Pray

GLORY TO GOD

God is holy and worthy to be praised

He alone can be worshipped all our works because of His
grace

He is so wonderful and beautiful

With God all things are possible and we can do all things
through Christ

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Who Should Fast and Pray?

In our days there are many principles and facts spoken by our friends or relatives or even church members

When we need a clarification we just google it or ask quora about it

But in the case of Biblical values and guidance we should refer to Holy Bible

Many tell that Fasting prayer is of olden tradition and we are not under any law so we must not fast and pray

But should I fast and pray?

Jesus answered, “How can the guests of the bridegroom mourn while he is with them?

The time will come when the bridegroom will be taken from them; then they will fast.”

Matthew: 9:15

And he said unto them, this kind can come forth by nothing, but by prayer and fasting

Mark: 9:29

We must all fast and pray according to Jesus Christ

What are the benefits of fasting?

Two types of benefits in fasting prayer:

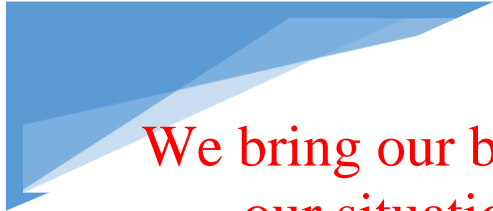
- Spiritual Benefits
- Physical Benefits

1. Spiritual Benefits:

- (i) When we fast we humble ourselves before God and show Him the intensity of the problem we are facing.
- (ii) We show that we are dependent on God alone and He must interfere in this situation
- (iii) We spend time with God and let our physical organs protest by denying it the pleasure it asks us
- (iv) We meditate the word of God and it enriches our soul and spirit

2. Physical Benefits:

- (i) When we fast and pray we give some rest to our body
- (ii) We could get relief from disturbances in the mind
- (iii) We reduce some weight as we get rid of our food for some time
- (iv) As we wait at the presence of God we lose our burdens and problems
- (v) We can think clearly and steadily



We bring our body and
our situation under
control when we fast
and pray

How to fast and pray

- a. Always fast when you have time for prayer; or else it can't be considered as fasting
- b. Do not tell anyone that you are fasting ; if it is your family members and you are not able to hide them you are on fast, then there is no problem in informing them; but it is not right to tell others that you are fasting
- c. When you fast, clean yourself and apply oil to your head; keep yourself fresh

- d. It is always good to take water when you are fasting, but if you want to avoid water also; then sometimes in a year you may rarely avoid water intake
- e. If you are in medication then it is always good to limit your food intake and pray rather than cutting your whole food
- f. Do not avoid your duties; like cooking, working at office, etc.; because others are relying on you to do that work; do not tell them, 'I can't cook because I am fasting'
- g. At the same time never be too busy to pray because fasting with prayer is really important

Types of fasting

- ❖ Reducing the amount of food intake
- ❖ Avoiding food alone
- ❖ Avoiding both food and water
- ❖ Avoid speaking with men/women
- ❖ Avoid using internet
- ❖ Avoid TV, movies

Examples of fasting prayer

Old Testament	New Testament
Moses	John the Baptist
Elijah	Jesus Christ
Esther	Cornelius
People of Nineveh	Church

GLORY TO GOD

This book illustrates the benefits of fasting and prayer with biblical references

You could about the various types of fasting you can follow

More precisely you will know, what you should do and what you should never do when you fast and pray